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NEW YORK'S FIRST REPORT ON E-CIGARETTES SHOWS YOUNG ADULT USE NEARLY DOUBLE THAT OF ADULTS

More High Schoolers Use E-Cigarettes Than Smoke Cigarettes

Long Island, NY (Nov 3, 2015) - Data from New York State's 2014 youth and adult tobacco surveys ([Tobacco Related Data](#)) show that 10.5 percent of high school students and 12.7 percent of young adults ages 18-24 use electronic cigarettes (e-cigarettes)—almost double the 5.7 percent rate of e-cigarette use among adults 25 years and older. The data from the state's first report on e-cigarette use also shows that more high school students now use e-cigarettes than smoke cigarettes.

"These new data are alarming because we know that e-cigarettes and other electronic nicotine delivery systems can establish, maintain and strengthen nicotine addiction," said Susan Kennedy, Director of Tobacco Action Coalition of LI. "At a time when cigarette smoking rates among New York youth, young adults and adults are at all-time lows, we certainly don't want to see an increase in other forms of nicotine use."

E-cigarettes are flooding the market, both in stores and online. The battery-powered devices heat a solution of flavored liquid nicotine and other chemicals to create an emission that users inhale.

Of particular concern, more than half of high school students and young adults who smoke cigarettes also use electronic nicotine delivery systems (ENDS), defined as dual use. Dual use exposes developing adolescent brains to more nicotine and reinforces addiction. Nicotine use by adolescents has been shown to disrupt developing cognitive abilities, like judgment and reasoning at key periods during the lifetime.

The U.S. Food and Drug Administration currently does not regulate e-cigarettes or the hundreds of differently flavored nicotine liquids used in them. These products do not burn tobacco, but evidence is accumulating that they contain and emit toxins, including cancer-causing formaldehyde and acetaldehyde.

"This data once again reinforces the need for strong statewide action to make our workplaces 100% smoke-free including restricting the use of electronic cigarettes. It also reinforces the urgent need for the Obama Administration to issue a final rule to give FDA the authority to regulate all tobacco products, said Michael Seilback, Vice President, Public Policy & Communications.

Every year, approximately 28,000 New Yorkers die prematurely because of cigarette use. Nearly 570,000 New Yorkers have serious diseases directly attributable to smoking, including lung and oral cancers, heart disease, stroke and chronic obstructive pulmonary disease. Smoking is a major cause of multiple cancers, of heart disease and stroke, and is the leading cause of chronic obstructive pulmonary disease (COPD), which includes chronic bronchitis and emphysema.

Each year in New York State, \$10.4 billion in medical costs are attributed to tobacco and smoking. Those financial costs increase when health care expenditures caused by exposure to secondhand smoke, smokeless tobacco use, cigar and pipe smoking, smoking-related fires, and lost productivity costs are included.

Youth are especially vulnerable to experimenting with tobacco, and the vast majority of adult smokers began smoking when they were teens. Efforts to reduce youth smoking have recently begun to demonstrate positive results. Teen smoking rates have dramatically decreased due to efforts which make it difficult for teens to buy cigarettes.

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Tobacco Action Coalition of Long Island (TAC) is part of a network of statewide contractors working to change the community environment to support New York State's tobacco-free norm. TAC is funded by the NY Tobacco Control Program through a grant administered by the American Lung Association of the Northeast. To learn more visit, BreatheFreely.org



Prevalence of Cigarette Smoking, Use of Electronic Nicotine Delivery Systems, and Dual Use by Youth, Young Adults, and Adults in NYS, 2014

Electronic cigarettes (e-cigarettes), or electronic nicotine delivery systems (ENDS), are battery-powered devices that heat a solution of liquid nicotine and other chemicals creating an emission which is inhaled by the user. ENDS are not regulated by the U.S. Food and Drug Administration, and little is known about the contents of ENDS liquid. Likewise, their usefulness as a cessation device is unproven. According to the Centers for Disease Control and Prevention (CDC) Director Tom Frieden, M.D., M.P.H., "Nicotine exposure at a young age may cause lasting harm to brain development, promote addiction, and lead to sustained tobacco use."

- The prevalence of ENDS use among high school students (10.5%) and young adults (12.7%) is about twice as high as the prevalence of ENDS use among adults (5.7%).
There is no evidence that youth are substituting ENDS for cigarettes. In fact, more than half of high school students and young adults who smoke cigarettes also use ENDS, making dual use of cigarettes and ENDS the norm.
Among the 7.3% of high school students who are current smokers, 56.5% also use ENDS. Among the 14.2% of young adult smokers (age 18-24 years), 54.9% use ENDS. Among the 17.3% of adult smokers (age 25 and older), ENDS use is significantly lower, at 24.0%.

Cigarette, Electronic Nicotine Delivery System Use, and Dual Use in NYS, 2014

Figure 1: Prevalence of Cigarette Smoking and ENDS Use by Age Group

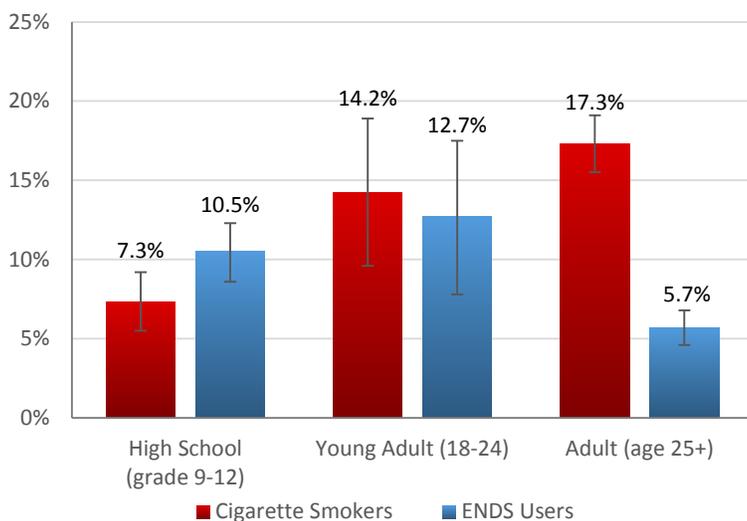
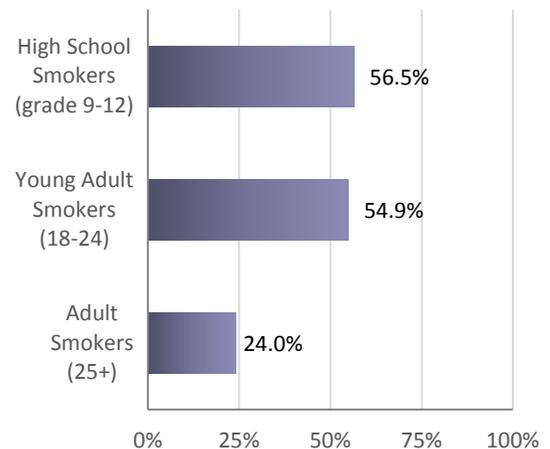


Figure 2: Percent of Cigarette Smokers who Also Use ENDS by Age Group



1. CDC. E-cigarette use triples among middle and high school students in just one year. [Press Release]. April 16, 2015. http://www.cdc.gov/media/releases/2015/p0416-e-cigarette-use.html. 2. ENDS use among high school youth is measured in the Youth Tobacco Survey (YTS) by an affirmative (non-zero) answer to the following question, "During the past 30 days, on how many days did you use electronic cigarettes or e-cigarettes such as blu, 21st Century Smoke, or NJOY?" ENDS use among adults is measured in the Adult Tobacco Survey (ATS) by an affirmative answer to the following question, "Do you now use Electronic Cigarettes or E-cigarettes, such as Blu or NJOY every day, some days, rarely, or not at all?" 3. Youth cigarette smoking is measured using the YTS, and is defined as an individual under the age of 18 smoking a cigarette on at least one of the past 30 days. An adult cigarette smoker, measured using the ATS for this report (it is also measured using the BRFSS), is an individual over the age of 18 who has smoked at least 100 cigarettes in their lifetime and currently smokes on at least some days.